



AMERICAN
HEART
MONTH



Eating for your Heart



Learn about shopping and cooking for a healthier heart. Join University of Illinois Extension for a free lesson and then sample heart healthy recipes.

JANUARY 30 • 6-7:30PM • VESPASIAN WARNER PUBLIC LIBRARY*
FEBRUARY 3 • 11AM-12:30PM • DEWITT COUNTY EXTENSION OFFICE*†
FEBRUARY 6 • 10-11:30AM • DEWITT COUNTY FRIENDSHIP CENTER
FEBRUARY 10 • 11AM-12:30PM • PIATT COUNTY EXTENSION OFFICE*†
FEBRUARY 11 • 6-7:30PM • FARMER CITY PUBLIC LIBRARY*
FEBRUARY 14 • 11AM-12:30PM • NIXON MANOR*
FEBRUARY 17 • 5:30-7PM • WAYNESVILLE TOWNSHIP LIBRARY‡
FEBRUARY 19 & 27 • 1:30-3:PM & 6-7:30PM BLUE RIDGE TOWNSHIP LIBRARY*

*MEAL PROVIDED †\$5 FEE ‡MAKE A FREEZER MEAL

Advance registration required

[GO.ILLINOIS.EDU/DMP](https://go.illinois.edu/dmp)

Questions? Contact Caitlin at
chuth2@illinois.edu or 217.877.6042

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College of Agricultural, Consumer and Environmental Sciences | University of Illinois | U.S. Department of Agriculture Local Extension Councils
Cooperating | Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, please contact 217.877.6042. Early requests are strongly encouraged to allow sufficient time for meeting access needs.